



Christmas is a wonderful time of the year, as we celebrate the birth of Jesus and the coming of the Light into our world. The streets are filled with coloured lights, shops filled with all sorts of things that advertisers suggest you must buy to make your Christmas perfect. Christmas Crackers, cards, wrapping paper, coloured foiled string, tinsel, decorations, garden ornaments, tree lights.... But how much of this will you be able to reuse and how much will end up in the landfill bin? Many of these Christmas “must haves” contain a lot of plastic and can’t be recycled. Are there alternatives to these?

Many of us will exchange Christmas gifts with friends and family. Will you have bought everything new from the shops or would you consider giving pre-loved items to friends and family? How would your child feel about receiving a second hand good as new bike? Is it ok to give second hand at this special time of the year?

Leftover turkey (and brussel sprouts)! How many households end up buying too much food for Christmas? A horrifying amount of food goes into the bin at Christmas time. Perhaps we need to rethink how we shop for our Christmas dinner and are there new ways in which we can use up our leftovers?

How can we reduce the carbon footprint of our Christmas celebrations?



Conversation Starters:

How do you feel about the advertising that surrounds Christmas? How can people access the true message of Christmas?

How would your friends and family feel about being given second hand, good as new goods for Christmas? How would you feel?

What changes could you make to the kind of things you buy to use at Christmas, to reduce your carbon footprint?

What kind of things do you make from leftover Christmas dinner? What are your favourite treats at Christmas?



Some ideas for actions for the young at heart (And not so young)

Make your own wrapping paper from brown paper. Consider using ribbons (which can be reused) to tie up parcels instead of miles of sticky tape.

Make your own gift boxes or bags and fill them with little sweets or gifts. Use these instead of crackers for the Christmas table. You could add your own jokes too.

Make a recycled nativity scene to share with your local community.

Hold a Christmas quiet day at your Church. Offer a space away from all the commerce to allow folk to explore the Christmas story.



Bible References

Deuteronomy 14:24ff - Yes, its' vital and right, both to celebrate, and to share: though in changed circumstances, this may require creativity. Faithfulness remains undiminished.



Prayer written by Stephen Curran, Manager of Eco-Congregation Scotland.

Lord, we are called to prepare, celebrating the birth of Jesus Christ your Son.
Light of the world,
Guide us, shining your one true light and banishing the darkness.

Lord, we are called to love our neighbour.
God of all creation,
Gather us, to demonstrate our love for all sharing our common home.

Lord, we are called to build your Kingdom on Earth.
God of justice,
Give us strength, to strive for fairness, sharing the world's wealth and respecting its natural resources.

Lord, we are called to look forward to the coming of Jesus Christ your Son.
God of hope,
Grant us joy and peace as we trust in You, overflowing with hope by the power of the Holy Spirit.

Lord, we are called.
Christ our light.
Hear our prayer.

Amen